

Tensi+ set-up

Please follow these steps carefully to ensure your Tensi+ is positioned correctly and is stimulating the posterior tibial nerve.

1



Preparation

Place a drop of gel onto each electrode.

The conductive gel improves the contact between the electrodes and your skin.

2



Positioning


Place the Tensi+ over your ankle.

The lower electrode should be placed just below and behind the inner side of the ankle joint (medial malleolus)

3



Starting up the device

Press and hold down the On/Off button 



The LEDs light up, and you will hear a soft, long beep.

4



Adjusting the stimulation intensity

Gradually increase the intensity of the treatment.


Press and hold down the  button, until you feel a slight tingling under your foot. If the tingling is uncomfortable, decrease the intensity by keeping your finger pressed on the  button.

5



Treatment and automatic shut-off

Your Tensi+ treatment is now starting.

After 20 minutes the device will switch off. If you wish to switch the device off yourself, press and hold down the  button.

tensi+

TAKE BACK CONTROL OF YOUR BLADDER



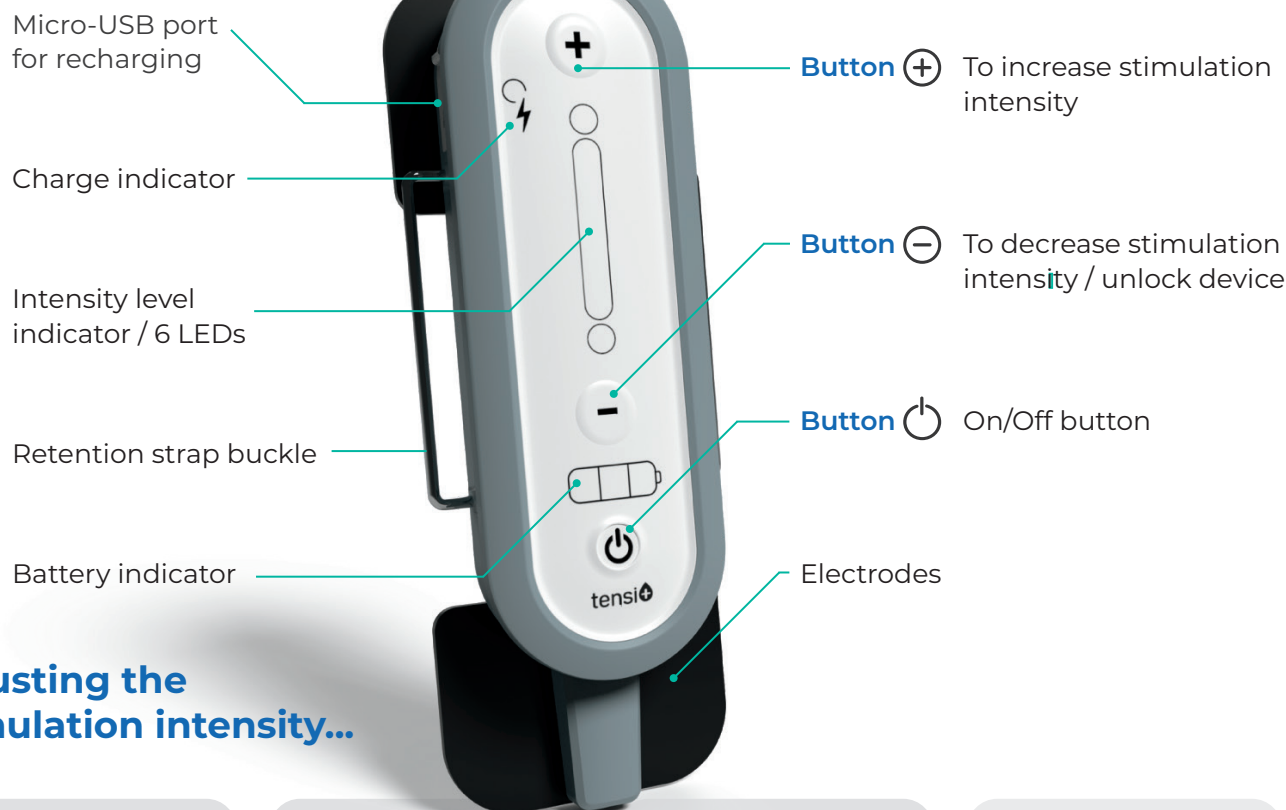
Watch the step-by-step guide video

Scan here:



Or visit:
clinimed.info/tensi-howto

Get to know your Tensi+



Adjusting the stimulation intensity...

I feel a slight tingling under my foot.



The position and contact are good

Decrease the intensity slightly by pressing and holding down the ⊖ button, decrease until you reach a level that is comfortable for you.

When you stop feeling the tingling, you have reached your comfort level.

I don't feel any tingling under my foot.



Check the device

Make sure there is sufficient gel on each electrode and/or adjust the position of the bracelet on the ankle.

It is sometimes possible not to feel any tingling, this does not mean that your treatment will not work.

You may also observe your big toe: if it is retracted slightly downwards and vibrates, then Tensi+ is well positioned on the path of the posterior tibial nerve.

My Tensi+ starts flashing during treatment.



Tensi+ is disconnected

Your Tensi+ has disconnected from your skin for more than one second.

Move the device slightly to find your tibial nerve and make sure there is enough gel on each electrode to help conduction.

If in doubt use the QR code on the page overleaf to watch the video.

I'm unable to increase the intensity level of the LEDs.



Maximum voltage reached

If your Tensi+ device remains at 3, 4 or more LEDs, this means that it has reached the maximum intensity of 50 mA based on your skin's resistance.

Your skin has the ability to obstruct the flow of electric current. The device will reach a higher intensity when the skin conducts more electricity.

The device will stay at a lower intensity when the skin conducts less electricity.

What if the user cannot feel anything after 2 min of treatment, is this normal?

Yes, this is what is known as the habituation of our nervous system, which very quickly gets used to nerve stimulation. If it was working at the very start, then it is working.
clinimed.info/tensi